

DANS AFDELING DANCE SECTION

ALGEMENE REËLS EN BEPALINGS	GENERAL RULES & REGULATIONS
1. Deelnemers wat nie die reëls en bepalings nakom nie mag gediskwalifiseer word. 2. Deelnemers mag nie meer as een keer aan dieselfde item deelneem nie. 3. Tydsbeperkings vir items soos aangedui in die sillabus mag nie oorskry word nie. Let asseblief daarop dat die opstelling en verwydering van u rekwisiete hierby ingesluit is. Beperk dus rekwisiete tot 'n minimum. 4. Items moet aangebied word soos daar in die sillabus bepaal word. 5. Sertifikate sal gedruk word met die inligting soos op die aanlyn inskrywing. Maak seker dat die spelling korrek is. 6. 'n Groep moet onder 'n groepnaam ingeskryf word. 7. Dit word ten sterkste ontmoedig dat deelnemers en groepe voorgesê of met gebare gelei word. Hulle mag gepeenaliseer word. 8. By individuele items moet deelnemers 10 minute voor die tyd in die aantrekkamer aanmeld. 9. By groepitems moet deelnemers 30 minute voor optrede by die aantrekkamer aanmeld. 10. Klagtes moet binne 48 uur per e-pos aan die Bestuur gerig word. 11. Selfone se klank moet afgeskakel wees tydens optredes.	1. Failure to comply with the rules and regulations may result in disqualification. 2. Participants may not take part in the same item more than once. 3. Time limits, as indicated in the syllabus, may not be exceeded. Kindly note that the setting up and removal of props are included in this time provision. It is advisable to limit props to a minimum. 4. Items must be presented as prescribed in the syllabus. 5. Certificates will be printed according to the information provided on the online entry. Please ensure that spelling is correct. 6. A group must be entered under a group name. 7. It is strongly discouraged for participants and groups to be led in words or gestures. They may be penalised. 8. With individual items participants must report to the dressing room 10 minutes prior to performance. 9. With group items, participants must report to the dressing room 30 minutes prior to performance. 10. Complaints must be submitted via e-mail to the Committee within 48 hours. 11. Cell phones must be on silent during performances.

Costume rules:

1. BE AGE AND BODY TYPE CONSIDIOUS.
2. Costume length: must adhere to principals of modesty and enable dancers to safely execute their movements.
3. Skirt length mid-thigh. Should the skirt be shorter, suitable leg covering must be worn (flesh-colored stockings)
4. When wearing a body suit, tights must be worn. No open flesh on legs.
5. Necklines must cover cleavage completely. Lace may be worn as an inset.
6. Costumes must consist of a full front. Cut away open styles are not acceptable.
7. Costumes must be in keeping to the theme of the dance.
8. Appropriate underwear must be worn.
9. Body suits must be of a fabric that is not see-through.
10. No skin-colored costumes.
11. Don't overdo the sparkle.
12. No crop tops allowed.
13. If booty shorts are worn, tights must be worn.
14. Shoes must be clean and a perfect fit.

SHOULD THE JUDGE BE OFFENDED, THE CANDIDATE MAY BE DISQUALIFIED, OR ASKED TO CHANGE INTO SUITABLE WEAR.

Hair and Make-up:

1. Make-up application must be light and complimentary to the dancer's age.
2. Hair style must be neat, secured and complimentary to the costume and theme.

Props:

1. Must be kept to the minimum.
2. Must be easily moved by the teacher / dancer.
3. No material like water or sand may be used.
4. The stage must be cleared immediately after performance.

JUDGING CRITERIA:

1. Age appropriate
2. Difficulty of level
3. Mastering / clarity of technique
4. Performance quality
5. Choreography and use of dance space
6. Presentation (costumes, theme)
7. Overall performance

INSKRYWINGSFOOIE / ENTRY FEES

Individuele items / Individual Items R 90.00

Duet	R 85.00 pp	Groepe	R 55.00 pp
Duet	R 85.00 pp	Groups	R 55.00 pp

Let wel: GEEN inskrywingsfooie is terugbetaalbaar nie.

Please note: NO entry fees are refundable.

TOEKENNINGS - AWARDS			
Prestige	A++	95 - 100%	Prestige
Diploma	A+	90 – 94%	Diploma
Platinum	A	85 – 89%	Platinum
Goud	A-	80 – 84%	Gold
Chroom	B+	75 – 79%	Chrome
Silwer	B	70 – 74%	Silver
Brons	C	Onder/Under 70%	Bronze

**Items kan slegs gewen word met Diploma (A+) of Prestige (A++)
toekennings.**

Items can only be won with Diploma (A+) or Prestige (A++) awards.

Botsende datums en tye

In uitsonderlike gevalle en alleenlik as dit die afdelingshoof en beoordelaars pas, sal deelnemers toegelaat word om optredes se datum en tyd te skuif.

Hierdie is 'n voorreg en nie 'n reg nie.

Deelnemers sal slegs toegelaat word om vier (4) items te verskuif. Die reëling moet vroegtydig gemaak word.

**Items wat nie op die programdag en -tyd aangebied word nie, sal nie in
aanmerking kom vir itemwenner nie.**

Conflicting time tables

In exceptional cases, and only with prior consent from the section head and adjudicator, will participants be allowed to move performing times. This is a privilege and not a right.

Participants will only be allowed to move four (4) items.

**Items not performed on the allocated day and time will not be considered
for item winners.**

DANS INDIVIDUELE ITEMS / DANCE INDIVIDUAL ITEMS	
ITEM NR	ITEM
DA01	Moderne dans / Modern dance – Class dance
DA02	Moderne dans / Modern dance – Own choice
DA03	Hip-Hop – Class dance
DA04	Hip-Hop – Own choice
DA05	Akrobaties / Acrobatic – Class dance
DA06	Akrobaties / Acrobatic – Own choice
DA07	Disko / Disco – Class dance
DA08	Disko / Disco – Own choice
DA09	Tradisioneel/Wêreld / Traditional/World – Class dance
DA10	Tradisioneel/Wêreld / Traditional/World – Own choice
DA11	<i>Latin American – Class dance</i>
DA12	<i>Latin American – Own choice</i>
DA13	Klopdans / Tap – Class dance
DA14	Klopdans / Tap – Own choice
DA15	Liriese dans / Lyrical dance
DA16	Musikale karakter / Musical character
DA17	Kontemporêr / Contemporary
DA18	Showcase

DANS DUET ITEMS / DANCE DUET ITEMS	
ITEM NR	ITEM
DAD01	Moderne dans duet / Modern dance duet
DAD02	Hip-Hop duet / Hip-Hop duet
DAD03	Akrobaties duet / Acrobatic duet
DAD04	Disko duet / Disco duet
DAD05	Tradisioneel/Wêreld duet / Traditional/World duet
DAD06	<i>Latin American</i> duet / Latin American duet
DAD07	Klopdans duet / Tap duet
DAD08	Liriese dans duet / Lyrical dance duet
DAD09	Musikale karakter duet / Musical character duet
DAD10	Kontemporêr duet / Contemporary duet
DAD11	Showcase duet
DAD13	Oop item duet / Open Item duet

DANS GROEP ITEMS / DANCE GROUP ITEMS	
ITEM NR	ITEM
DAG01	Moderne dans groep / Modern dance group
DAG02	Hip-Hop group
DAG03	Akrobaties groep / Acrobatic group
DAG04	Disko groep / Disco group
DAG05	Tradisioneel/Wêreld groep / Traditional/World group
DAG06	<i>Latin American</i> groep / Latin American group
DAG07	Klopdans groep / Tap group
DAG08	Liriese dans groep / Lyrical dance group
DAG09	Musikale karakter groep / Musical character group
DAG10	Kontemporêr / Contemporary
DAG11	Showcase
DAG13	Oop item / Open Item

ITEM BESKRYWINGS / ITEM DESCRIPTIONS	
DA01 DA02	MODERNE DANS / MODERN DANCE Modern dance is a vibrant and exciting dance form that uses different techniques like stretching, contractions, turns, isolations, jumps, leaps and progression floor work. The dancer uses combinations that are set to different music rhythms to express themselves through movement. Tydsduur / Duration: 2 – 3 min
DA03 DA04	HIP HOP Hip Hop is a young and vibrant form of street dancing that has developed with rap, pop and hip-hop music genres. This funky dance-art allows all ages to experiment with combining the latest fashion, music, moves and attitude. Some of the styles of Hip Hop we use are Krumping, lock and pop and break-dance. Examples of Hip Hop can be seen in music videos and movies like 'Honey', 'Step-up' and 'Stomp the yard'. Tydsduur / Duration: 2 – 3 min
DA05 DA06	AKROBATIES / ACROBATICS Acrobatics, emphasis on balance, stretching, strengthening and flexibility and includes basic tumbling skills. Tydsduur / Duration: 2 – 3 min
DA07 DA08	DISKO / DISCO Disco is an energetic dance characterised by strong movements and fast impulses of the body. The technique is to dance high on the balls of the feet throughout the routine. Tydsduur / Duration: 2 – 3 min
DA09 DA10	TRADITIONEEL/WêRELD / TRADITIONAL/WORLD Ethnic dance is any dance form which can be identified as originating with an ethnic culture and expressing the movement aesthetics of that culture. Etniese dans is enige dans vorm wat duidelik ontwikkel is deur 'n bekende kulturele groep. Die bewegings beeld die kultuur se estetika uit. Tydsduur / Duration: 2 – 3 min

DA11 DA12	LATIN AMERICAN Latin dance is a fast-paced dance that includes hip-movements. It includes dances like Cha-Cha, Rumba, Samba, Paso Doble and Jive. Latynse dans is 'n vinnige dans. Dit sluit danse in soos Cha-Cha, Rumba, Samba, Paso Doble en Jive. Tydsduur / Duration: 2 – 3 min
DA13 DA14	KLOPDANS / TAP Tap dancing is an exciting form of dance in which dancers wear special shoes equipped with metal taps. Tap dancers use their feet like drums to create rhythmic patterns and timely beats. Klopdans is 'n opwindende vorm van dans, waar dansers spesiale skoene met metaal aan die sole dra. Klopdansers gebruik hul voete soos dromme om ritmiese patrone te maak. Tydsduur / Duration: 2 – 3 min
DA15	LIRIESE DANS / LYRICAL DANCE A Routine where dancers interpret the lyrics or mood (intent) of a song (with or without words). This form includes the use of legwork, balance and facial and body emotion. Tydsduur / Duration: 2 – 3 min
DA16	MUSIKALE KARAKTER / MUSICAL CHARACTER A Routine interpreting a song from a Broadway or movie musical, or a routine portraying a character from a play, movie, television show or a stereotype (i.e. doctor, policeman, etc.) through any style of dance. Tydsduur / Duration: 2 – 3 min
DA17	CONTEMPORARY Contemporary dance focuses on the freedom of movement with no limitations. It is an experimental dance form that originates from a classical style. A combination of techniques ranging from ballet and modern are often used. It explores dancing of our time with futuristic elements that can include dynamic and strong movements, release, flexed feet, angular lines and unusual movements of the body. This can also be combined with a strong story line. Tydsduur / Duration: 2-3 min

DA18	SHOWCASE Show Dance in the broadest sense is based either on any Jazz/Lyrical, Ballet and/or Modern and Contemporary dance technique. Other dance disciplines can also be incorporated but cannot dominate. The dancer's personal interpretation should be clearly evident when using any of these disciplines or styles. Show Dance allows the use of acrobatics, props, lip-sync and other theatrical effects. All Show Dance presentations shall be based on a concept, story, theme or idea. There must be a title of the Show. The concept, story, theme or idea must be fully understandable and will be expressed by means of dance movements that adhere to the piece being presented, along with being creative, imaginative and original. The piece must have show value and entertain the audience. Tydsduur / Duration: 2-3 min
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ITEM BESKRYWINGS / ITEM DESCRIPTIONS	
DAD01 DAG01	MODERNE DANS DUET & GROEP / MODERN DANCE DUET & GROUP Modern dance is a vibrant and exciting dance form that uses different techniques like stretching, contractions, turns, isolations, jumps, leaps and progression floor work. The dancer uses combinations that are set to different music rhythms to express themselves through movement. Tydsduur / Duration: 2 – 3 min
DAD02 DAG02	HIP-HOP DUET & GROEP / DUET & GROUP Hip-Hop is a young and vibrant form of street dancing that has developed with rap, pop and hip-hop music genres. This funky dance-art allows all ages to experiment with combining the latest fashion, music, moves and attitude. Some of the styles of Hip-Hop we use are Krumping, lock and pop and break-dance. Examples of Hip-Hop can be seen in music videos and movies like 'Honey', 'Step-up' and 'Stomp the yard'. Tydsduur / Duration: 2 – 3 min
DAD03 DAG03	AKROBATIES DUET & GROEP / ACROBATICS DUET & GROUP Acrobatics, emphasis on balance, stretching, strengthening, and flexibility and includes basic tumbling skills. Tydsduur / Duration: 2 – 3 min
DAD04 DAG04	DISKO DUET & GROEP / DISCO DUET & GROUP Disco is an energetic dance characterised by strong movements and fast impulses of the body. The technique is to dance high on the balls of the feet throughout the routine. Tydsduur / Duration: 2 – 3 min
DAD05 DAG05	TRADITIONEEL/WêRELD DUET & GROEP / TRADITIONAL/WORLD DUET & GROUP Ethnic dance is any dance form which can be identified as originating with an ethnic culture and expressing the movement aesthetics of that culture. Etniese dans is enige dans vorm wat duidelik ontwikkel is deur 'n bekende kulturele groep. Die bewegings beeld die kultuur se estetika uit. Tydsduur / Duration: 2 – 3 min

DAD06 DAG06	LATIN AMERICAN DUET & GROEP / DUET & GROUP Latin dance is a fast-paced dance. It includes dances like Cha-Cha, Rumba, Samba, Paso Doble and Jive. Latynse dans is 'n vinnige dans. Dit sluit danse in soos Cha-Cha, Rumba, Samba, Paso Doble en Jive. Tydsduur / Duration: 2 – 3 min
DAD07 DAG07	KLOPDANS DUET & GROEP / TAP DUET & GROUP Tap dancing is an exciting form of dance in which dancers wear special shoes equipped with metal taps. Tap dancers use their feet like drums to create rhythmic patterns and timely beats. Klopdans is 'n opwindende vorm van dans, waar dansers spesiale skoene met metaal aan die sole dra. Klopdansers gebruik hul voete soos dromme om ritmiese patrone te maak. Tydsduur / Duration: 2 – 3 min
DAD08 DAG08	LIRIESE DANS DUET & GROEP / LYRICAL DANCE DUET & GROUP A Routine where dancers interpret the lyrics or mood (intent) of a song (with or without words). This form includes the use of legwork, balance, and facial and body emotion. Tydsduur / Duration: 2 – 3 min
DAD09 DAG09	MUSIKALE KARAKTER DUET & GROEP / MUSICAL CHARACTER DUET & GROUP A Routine interpreting a song from a Broadway or movie musical, or a routine portraying a character from a play, movie, television show or a stereotype (i.e. doctor, policeman, etc.) through any style of dance. Tydsduur / Duration: 2 – 3 min
DAD10 DAG10	CONTEMPORARY DUET & GROEP / DUET & GROUP Contemporary dance focuses on the freedom of movement with no limitations. It is an experimental dance form that originates from a classical style. A combination of techniques ranging from ballet and modern are often used. It explores dancing of our time with futuristic elements that can include dynamic and strong movements, release, flexed feet, angular lines and unusual movements of the body. This can also be combined with a strong story line. Tydsduur / Duration: 2-3 min

DAD11 DAG11	SHOWCASE DUET & GROEP / DUET & GROUP Show Dance in the broadest sense is based either on any Jazz/Lyrical, Ballet and/or Modern and Contemporary dance technique. Other dance disciplines can also be incorporated but cannot dominate. The dancers' personal interpretation should be clearly evident when using any of these disciplines or styles. Show Dance allows the use of acrobatics, props, lip-sync and other theatrical effects. All Show Dance presentations shall be based on a concept, story, theme or idea. There must be a title of the Show. The concept, story, theme or idea must be fully understandable and will be expressed by means of dance movements that adhere to the piece being presented, along with being creative, imaginative and original. The piece must have show value and entertain the audience. Tydsduur / Duration: 2-3 min
DAD13 DAG13	OOP DUET & GROEP / OPEN DUET & GROUP Any type of dance that isn't classified in another item. Enige dans vorm van keuse wat nie reeds in 'n ander item beskryf word nie. Tydsduur / Duration: 2 – 3 min

DANS SOLO TOEKENNING / DANCE SOLO AWARD

Top toekennings - Graad 1 – 12

Hierdie toekennings word nie afsonderlik aan seuns en dogters toegeken nie.

1. Deelname aan 'n minimum van 4 items.
2. Slegs 4 items word in aanmerking geneem. Dit wil sê slegs die 4 hoogste punte van elke deelnemer word in berekening gebring.
3. 'n Addisionele punt sal toegeken word vir elkeen van **hierdie** 4 items waar die deelnemer itemwenner was.
4. Die deelnemer/s met die hoogste persentasie/s van genoemde 4 items, (punt 2 en 3 in aanmerking geneem), ontvang 'n toekenning.

Top Awards - Grade 1 – 12

No separate awards for boys and girls.

1. Participation in a minimum of 4 items.
2. Only 4 items will be taken into consideration, which implies that only the 4 highest points achieved by each participant will be taken into consideration for calculative purposes.
3. An additional point will be added for each of **these** 4 items where the participant was item winner.
4. The participant/s with the highest percentage/s calculated from the above criteria will receive an award.

BELANGRIK

- Geen kougom word toegelaat tydens deelname nie

IMPORTANT

- No chewing gum is allowed while performing